



## INGREDIENTS

½ bulb of chopped fennel  
6 chopped celery stalks  
1 large chopped sweet onion  
1 cup of white wine  
1 ½ TBSP of kosher salt  
¼ cup of tarragon vinegar  
3 star anise  
1 cup of chopped fresh parsley  
3 bay leaves  
1 sliced large lemon  
Juice of ½ lemon  
Whole Atlantic skinless salmon fillet  
5 TBSP of olive oil  
1 TBSP of basil  
6 eggs  
1 ½ Lbs. of small potatoes  
1 Lb. of string beans  
1 ½ Lbs. of small tomatoes  
2 egg yolks  
1 TBSP of Dijon mustard  
1 TBSP of balsamic vinegar  
¼ cup of sunflower oil  
Juice of ½ lemon  
1 TBSP of water  
1 Romaine lettuce



## POACHED SALMON SALAD

By Caterina Romano's kitchen

## DIRECTIONS

1. For the bouillon, fill a large pan with water (about 1" high). Add the fennel, celery, onion, wine, salt, vinegar, star anise, bay leaves, slices of lemon and juice of ½ lemon. Bring to a boil.
2. Add the skinless salmon fillet to the bouillon and cook for 5-10 minutes. Season with kosher salt.
3. Preheat the oven to 375 DF.
4. Coat the inside of the ramekins with butter.
5. Combine the olive oil with the basil. Mix well. Using a brush, coat the inside of the ramekins with the basil infused olive oil.
6. Place a whole egg in each of the ramekins. Line the bottom of an oven proof pan with hot water. Transfer the ramekins to the pan.
7. Season each egg with salt & pepper. Bake in oven for 10-15 minutes.
8. When the salmon is poached, shut the heat and allow to rest for ½ hour.
9. Bring a pot with salted water to boil. Add the potatoes and cook for approximately 20 minutes. Bring another pot of salted water to boil and add the string beans. Boil them for 15 minutes.
10. Heat a frying pan with butter. Place the potatoes and string beans in the pan. Add a splash of white wine and season with a dash of salt.
11. Cut some of bigger tomatoes into half. Add olive oil and dried basil to the tomatoes and mix together.
12. For the salad dressing, whisk together in a glass bowl the egg yolks, mustard, balsamic vinegar, sunflower oil, juice of ½ lemon and water.
13. Line the bottom of a presentation platter with the leaves of the Romaine lettuce. Top the leaves with the potatoes and string beans. Add the tomatoes. Cut the poached salmon into serving sizes and place it on the salad. Cover the salad with the dressing and serve it.

**ENJOY THE POACHED SALMON SALAD**